

ALL ABOUT ALCOHOL

酒精知多D

As part of ExCEL! 2016-17 programme organised by KELY Support Group and supported by Operation Santa Claus, we, students from Form 3, 4 and 5 from Delia Memorial School (Glee Path) felt that there was need to share credible information about alcohol with our peers.

This exhibition represents information and resources about the risks, myths and effects of alcohol that we put together. It is our response to the lack of relevant information written by young people, for young people within our school community.

Aside from raising awareness of some of the risks, we wanted to share ideas specifically about how to minimise harms associated with alcohol use and how to respond to pressure especially to consume alcohol.

We also wanted to share ideas about healthier ways of coping and ultimately to encourage our peers to reach out for support.

由啟勵扶青會主辦，愛心聖誕大行動全力支持的2016-17年ExCEL!項目，我們，來自地利亞修女紀念學校(吉利徑)的中三、中四及中五學生認為，我們有必要將有關酒精的可靠資訊與其同輩分享。

是次展覽包涵學生共同整合有關酒精的資訊和資源，包括酒精的危機，迷思和影響。學生希望透過是次展覽，傳達校園環境缺乏由青年親手製作相關資訊的需求。

除了提升校內同學對飲酒的危機意識外，我們亦希望透過分享，引導同輩如何減低飲酒之相關危害，以及怎樣應對壓力，尤其是在被要求飲酒的情況之下。

我們亦希望分享應對壓力的健康之法，並鼓勵同學有需要時尋求協助。

Organiser 主辦：



Participating School 參與學校：

Delia Memorial School (Glee Path)
地利亞修女紀念學校(吉利徑)

Funder 資助者：

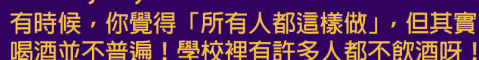


為甚麼年輕人會飲酒？

壓力是其中一個我們經常面對的問題，這亦屬我們嘗試借助酒精或其他藥物應對壓力的原因之一。

我們訪問了我們的同學，地利亞修女紀念學校(吉利徑)的學生，有關他們現正面對的主要壓力來源：

我們訪問了他們有關是否曾經借飲酒來應對壓力



WHY IS

UNDERAGE DRINKING RISKY?

為什麼未成年人士飲酒具風險呢？

Our brains are still developing until we're in our twenties. Alcohol can have some serious effects on this process and stop someone from reaching their full potential.

在我們踏入二十歲之前，我們的大腦都在處於發展狀態。酒精能會對大腦發展造成嚴重影響，導致該人無法充分發揮潛能。

Did you know? 你知道嗎？

Alcohol is considered a Class 1 Carcinogen (cancer causing) just like tobacco and can have toxic effects on our bodies.

酒精和煙草一樣，被視為一級致癌物，對我們身體產生毒性作用。

Did you know? 你知道嗎？

The younger you start, the more you drink and the more often you drink the higher the risk of disease and other health and social issues.

你愈年輕開始飲酒，你會愈飲愈多；你愈頻繁地喝酒，患上疾病或面對其他健康及社會問題的風險亦較高。



WHAT DO YOUNG PEOPLE THINK ABOUT ALCOHOL REGULATION IN HONG KONG?

大家對香港的酒精管制有甚麼看法？

Alcohol is the most widely used substance by young people in Hong Kong.
酒精是香港年輕人最常使用的藥物。



10.9 years
old 歲

Young people may be consuming alcohol from a very young age.
年輕人可能從小就開始接觸酒精。

Evidence says proper age restrictions on alcohol will protect young people from harm caused by alcohol use.
實證證明，訂立飲酒年齡限制有助保護年輕人免受酒精引致之危害。

HK LAW 香港法例

ONLY restricts purchase within licensed premises.
只限制持有酒牌地方之酒類銷售。

But
不過

There aren't legal restrictions to purchase elsewhere.
年輕人可在其他不受限制的地方合法購買酒精。

Operation Big Bird

KELY conducted a survey to gather young people's response to this. 927 young people aged 13-21 from 12 schools told us:
啟勵訪問了12間學校，合共927名年齡介乎13-21歲的年輕人有關以下問題：

Do you believe there needs to be better regulation of underage access to alcohol in HK?

你認為本港需要加強監管未成年人士接觸酒精的規制嗎？

No 不需要 38.5%

Top 2 Reasons 兩大主要原因：

- Current regulations were good enough
現行法制已經足夠
- Drinking was a benefit to their health and reputation
飲酒有助增強健康及確立名聲

Yes 需要 64.5%

Top 2 Reasons 兩大主要原因：

- Young people already access alcohol easily
年輕人很容易接觸酒精
- Concerns over how alcohol would affect their health
關注酒精對健康的影響

Apart from regulation, what else could be done for young people in Hong Kong in regards to access to alcohol?

除了法例管制外，我們還可以在年輕人接觸酒精方面做些甚麼？

Top 3 recommendations given by youth on supporting young people other than regulation:
青年提出修定法例以外，支援年輕人的三大方法：

More education, workshops
提供更多教育、工作坊。

1 23.4%

Restrict or ban alcohol sales, regulating where they can be sold
限制或禁止售賣酒精、監管售賣地點。

2 5.8%

Enforce regulations, increase penalty for underage drinking
加強執行法例，提高未成年飲酒之刑罰

3 5.2%

SOURCES 資料來源

Cheung, E. (2016, October 2). Hong Kong children drinking alcohol as young as 10, study finds. *South China Morning Post*. Retrieved May 11, 2017, from <http://www.scmp.com/news/hong-kong/health-environment/article/2024468/hong-kong-children-drinking-alcohol-young-10-study>
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WHAT IS IT ACTUALLY LIKE IF YOU'RE DRUNK? 醉酒的時候其實是怎樣的呢？

Try the Drunk Goggles!

The drunk simulation goggles can give you an idea of what it's like to have consumed alcohol.

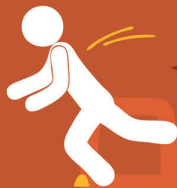
This can help us understand some of the risks of using alcohol, like of having accidents and how it might affect our ability to do normal things, like walking without tripping up!

試試這個醉酒眼罩！

這個模擬醉酒眼罩可以讓你體驗醉酒時的狀況。

讓我們了解酒精帶來的風險，例如發生意外，如何影響我們的正常能力，行走時不跌倒，遺失鑰匙及與朋友互傳短訊！

Try them on!



What might you feel?

- Struggle to maintain balance
- Slower reaction time
- You may behave in ways similar to how someone who has consumed alcohol would

你感覺如何？

- 難以保持平衡
- 反應緩慢
- 你的行為表現可能和喝了酒的人很相似！

Challenge 挑戰 1

Try walking in a straight line, "heel to toe"

嘗試走直線，「從腳跟到腳尖」

Drinking makes you struggle to maintain balance and control our muscles, making this task more difficult than normal. This shows us how easily it could be to trip up, fall over and have accidents!

飲酒會影響你的視力和控制肌肉的能力，令你比處於正常情況時，更難執行相關動作。這亦代表飲酒後，你會更容易失足，跌倒及發生意外！

Challenge 挑戰 2

Ask someone to hold out a pen and try to grab it!

請他人拿著一支筆，然後自己嘗試從他/她手中接過筆！

Was this harder than normal? Alcohol can affect someone's perception and make it hard to do detailed tasks.

是不是比平常困難呢？酒精會影響一個人的知覺和視覺，讓我們很難執行仔細的工作。

Challenge 挑戰 3

Try read the information below

試試讀出以下內容

Drinking makes you have blurred and double vision and reduce your ability to perceive what is happening around you. This slows our reaction time too so we aren't able to respond to things that may hurt us.

飲酒使你的視線模糊及重疊，減低你對環境的知覺。它會降低我們的反應能力，令我們在遇上危險時，無法迅速作出反應。



Remember 緊記

- These are just simulating some of the effects of drinking alcohol. Other effects like how alcohol affects decision making can be really harmful too!
- 這些只是飲酒造成的部分影響，其他影響，例如：削弱我們的決策能力，亦同樣對我們不利！

HOW MUCH IS TOO MUCH?

多少才是暴飲？



				
Beer Bottle 啤酒瓶 1	Wine: Full 紅酒:一杯 2	Half 半杯 1	Cocktail 雞尾酒 1.5	Shot 烈酒 1

One unit always contain the same amount of alcohol not matter what volume or size of the bottle, can or glass, or the type of alcohol.
一個酒精單位所指的是，無論酒精飲料的容量為多少，一杯、一罐抑或一瓶，其酒精含量均是一樣的。

Most people can only process approximately **one unit per hour**. Any extra alcohol will add up in the body, making someone drunk.
大多數人每小時只能夠消化一個酒精單位，剩下的酒精會囤積在身體內，導致人有醉意。

But I won't get drunk if it's just a few right?
但是如果我只喝一點點，應該不會喝醉吧？

Wrong! Everyone responds differently to alcohol. It depends on your weight, age, gender, body chemistry, genetics, amount of food and alcohol consumed - so many factors. But also it depends how you're feeling that day, and what's going on around you. It's impossible to predict!
不是！每個人對酒精的反應都不一樣。這個跟你的體重，年齡，性別，體內的化學物質，基因，攝取的食物和酒精含量等眾多因素影響。同時，這亦取決於你當天的心情和經歷，故無法判斷！

But alcohol always cheers people up right?
酒精時常讓人心情愉快，對嗎？

Wrong. Alcohol is a depressant so at first it lowers people's inhibitions, but after that it means they aren't as able to control their emotions and may begin to emotional.
不！酒精是一種鎮靜劑，剛開始時，它會降低人的抑制能力，之後卻會演變成讓人無法控制自己情緒，甚至變得情緒化的東西。

But I see adults drinking so surely it can't be that bad?
我看到很多成年人都飲酒，所以飲酒不會太壞吧？

It's different for young people while their body and brain are still developing. It's much more harmful. Also teenagers take risks, so are more likely to binge drink than adults too!
年輕人和成年人飲酒是有分別的。年輕人的身體和大腦仍在發育，如果在這階段喝酒，將對他們的身體造成更大傷害。再者，年輕人傾向冒險，因此相對成年人，他們較容易暴飲。

WHY DO WE CHOOSE NOT TO DRINK?

為甚麼我們選擇不飲酒?

Choosing not to drink until you're at least 18 can be one of the healthiest choices we can make. Even if you come under pressure from your friends, stick to your choice - it can lead to many positive things now and in the future!

我們可以作出很多健康決定，選擇不在18歲以前飲酒就是其中一個。就算你在朋友圈中感受到壓力，也請堅持你的選擇吧——這會讓你的現在和未來變得更加美好！

I choose not to drink

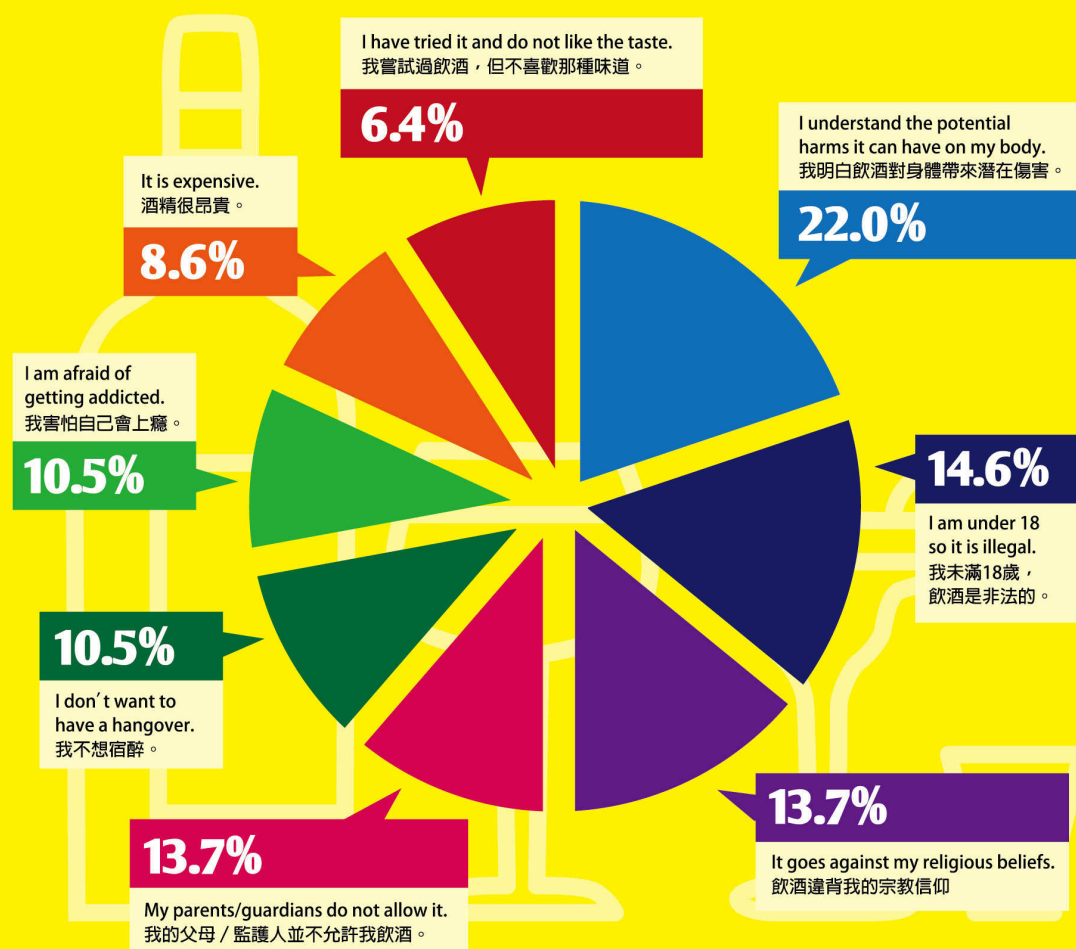
我選擇不飲酒

**I'm going to wait until
I'm at least 18**

我要等到年滿18歲的時候。

Some reasons that prevent our classmates from Delia Memorial School (Glee Path) from consuming alcohol :

我們地利亞修女紀念學校(吉利徑)的學生選擇不接觸酒精的一些原因：



HOW CAN YOU HELP A FRIEND WHO HAS DRUNK TOO MUCH?

如何幫助一個暴飲的朋友？

Drinking a lot of alcohol in a short space of time could cause alcohol poisoning. This is when the level of alcohol is so high that the brain's basic functions, like breathing, are blocked. This can mean someone ends up in hospital or even dead.

在短時間內暴飲過量會導致酒精中毒。當體內的酒精濃度上升至某個程度時，酒精會導致大腦無法正常運作，例如：不能自主呼吸等。當事人需要送院治療，嚴重者甚至會死亡。

Know the signs of alcohol poisoning 酒精中毒的症狀包括



If they show any of these signs, call for help immediately! 999 for an ambulance
如果你的朋友有以上情況，立即致電999尋求協助！

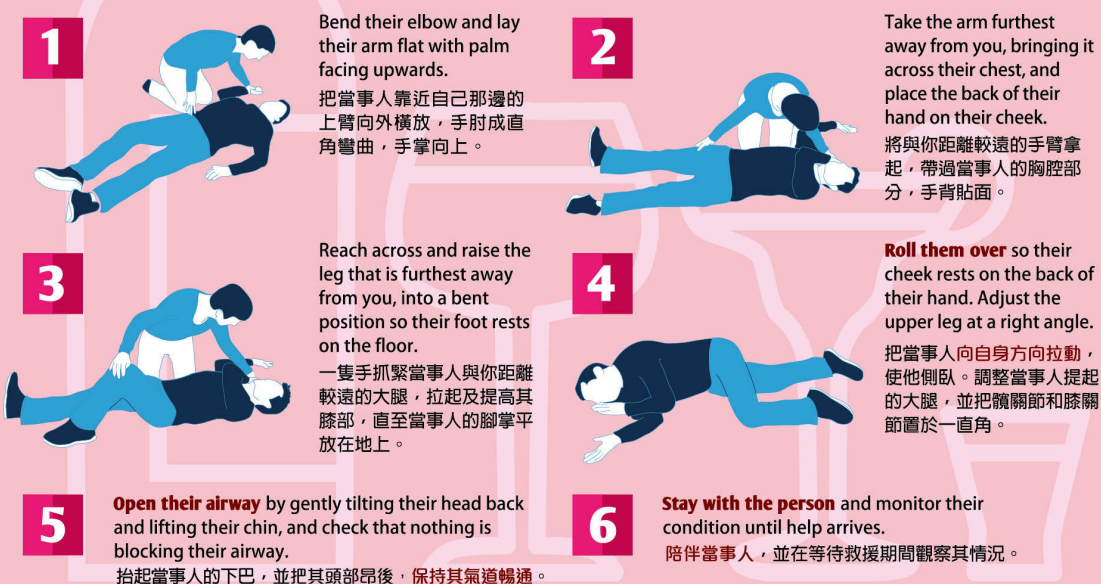
Use the recovery position 使用復原臥式

If someone is unresponsive and breathing then you should put them in the recovery position.

This is to keep their airway open so they can still breathe and prevent them choking on their own vomit, which could be fatal.

如果當事人沒有反應但能夠自主呼吸，你可使用復原臥式幫助他們。

復原臥式能夠保持呼吸道暢通，幫助當事人正常呼吸，防止他們因嘔吐物堵塞呼吸道而導致死亡。



WHAT CAN WE DO TO PREVENT OR DEAL WITH HANGOVERS?

如何防止或處理宿醉？

A hangover is a severe headache or other after effects caused by drinking an excessive amount of alcohol. This could include trembling, headaches, nausea, fatigue, dehydration and diarrhea.

宿醉為大量飲酒過後出現的劇烈頭痛及其他症狀，包括：顫抖、頭痛、噁心、疲勞、脫水、腹瀉等。

Did you know alcohol is a diuretic?

你知道酒精是利尿劑嗎？

So it makes you pee more, and makes you lose water. That's why alcohol can lead to dehydration and headaches!

它會令你需要頻繁地到洗手間，並讓你失去水分，這就是酒精導致人們脫水和頭痛的成因！

Preventing a Hangover 防止宿醉

1

Remember how a hangover feels before you drink. Think whether you and your body want to feel that.

飲酒前回想一下宿醉感受，你是否希望你的身體經歷那些感受。

2

Plan ahead! Drink water and eat some food before, during and after consuming any alcohol.

事先計劃！飲酒前、飲酒期間以及飲酒後，你都需要喝水和吃東西。

3

Know your limits. Consider drinking in moderation: set a limit and only keep a small amount of money on you.

知道自己的極限。考慮適當地飲酒：為自己設定飲酒上限，並攜帶少量金錢。

4

Don't drink when you are sad or upset. It will only make it worse. Don't be afraid to seek help to deal with your problems.

切勿借酒消愁。飲酒只會讓你的情緒變得更糟糕。當你面對問題時，不要害怕尋求他人協助。

5

Drinking games aren't a good idea. Peer pressure and drinking a lot quickly can add up quickly.

飲酒遊戲不是好玩意。在朋輩壓力下大量飲酒，將會令你很快超出自己酒量之極限。

Dealing with a Hangover 處理宿醉



Accept that rest is the best!

You probably didn't sleep enough.

最好的辦法是休息！你大概沒有足夠的睡眠。



Get some fresh air. Take some deep breathes and do light exercise like going for a walk.

呼吸新鮮空氣。深呼吸和做簡單運動，如：散散步。



Ease the pain. Consider taking some mild painkillers.

舒緩痛楚。可考慮服用溫和的止痛藥。



Hydrate yourself! Drink lots of water and drinks with electrolytes.

保充足分！喝大量的清水和含有電解質的飲品。



Don't add to it. More alcohol will only drag the hangover out.

別繼續飲酒。繼續飲酒只會加劇宿醉問題。



Eat sensibly. Stick to bland food, something with potassium like bananas, or anything with extra liquid like soup.

謹慎選擇食物。盡量選擇清淡的食物，含有鉀質的食物，如：香蕉，或其他液體，如：湯水。

Remember
緊記

： The best option is not getting a hangover in the first place!
： 最好的選擇就是避免宿醉！

WHAT ABOUT DRINK SPIKING?

那麼在飲料中落藥呢?

Drink spiking is when drugs or alcohol are put in someone's drink without them knowing, and so without their permission.

「飲料下藥」，指的是在當事人不知悉及未有批准的情況下，遭人於其飲料中加入藥物或酒精。

What would this do to you? 這會對你造成甚麼影響?

Depending on the amount and type of substance used this may cause the person targeted to:

飲料下藥對當事人的影響，會跟有關藥物的份量及種類而異，包括：

- 1 Feel really drunk, confused, disoriented and unable to remember things
感到醉意、困惑、迷失方向，無法記清事情。
- 2 Feel dizzy, faint, sick or sleepy
感到暈眩、暈倒、感到不舒服或有睡意。
- 3 Be more likely to do something they wouldn't normally do because of lowered inhibitions
因個人抑制能力大為降低，當事人或會作出異於平常的舉動。
- 4 Pass out or become unconscious and unable to protect and defend themselves
昏迷或不省人事，以及無法保護自己。

Why would someone do that? 為什麼有些人要這樣做?

Some reasons might be: 當中原因包括：

As a joke
開玩笑

To rob the person
打劫當事人

To sexually assault/rape someone. (This is called drug facilitated sexual assault, DFSA)
意圖侵犯 / 強姦當事人 (這亦可稱作藥物誘姦 / 迷姦)

What drugs might be used? 有甚麼常用的藥物?



Rohypnol 羅眠樂
(Roofies) (迷姦藥)



Ketamine 氯胺酮
(K-Tsai) (K仔)



Alcohol 酒精



GHB 伽馬-羥基丁酸
(Cherry meth) (G水)

This is the most commonly used drug
這個是最常用的藥物

Remember 緊記

You won't be able to see, smell or taste most of these drugs if they're mixed in!
這些藥物混入飲料後，會變得無色、無嗅、無味！

How to avoid it? 如何防止有關問題?

Watch your drink being made
親眼看着飲料製作之過程

Avoid sharing drinks with others
避免與人共飲同一杯飲料

Keep your eye on your drink at all times
小心翼翼留意自己的飲料

Don't accept open bottled drinks and cans
不接受已被開啓的枝裝及瓶裝飲料

Look for obvious signs of tampering like your drink being moved or a straw being taken out
留意自己飲料是否有被“加料”的明顯跡象，如：飲料曾被移動，或飲管被拿走等。

What should you do if you think this has happened to you or a friend? 當你認為自己或朋友正遇上這個情況時，該怎麼辦?

Make sure you are with people you trust and go to a safe place
和你信賴的人一起前往安全地方。

Call an adult you trust for help, and tell them what you think has happened
向你信賴的成年人求救，告訴他們你認為發生了的事情。

If the person becomes unconscious then call for an ambulance immediately (999)
若有人不省人事時，請即召救護車 (致電999)尋求協助

WHAT ABOUT ALCOHOL & OTHER RISKS?

酒精還具備甚麼其他風險？

Alcohol affects your ability to make good decisions for yourself and can lead to negative things happening.
酒精會影響你為自己作出良好決策的能力，導致負面事情之發生。

Risky Sexual Behaviour 高風險性行為



Alcohol 酒精

Sex 性行為

Less likely to use protection
傾向不採取保護措施

More likely to have unplanned sex
傾向發生預期以外的性行為

Higher risk of Sexually Transmitted Infections (STIs)
增加較高性傳播感染的風險性傳播疾病

More likely to have unplanned pregnancy
增加意外懷孕機會

Drug Facilitated Sexual Assault (DFSA) 毒物致使的性侵犯

Sexual assault is engaging in sexual act without the other person's consent. Alcohol is involved in a large number of cases of sexual assault. When deciding to engage in sexual activity with someone, it is important to communicate - check in and talk to each other and ensure everything they say and do is about YES!

性侵犯指在未得到對方同意下進行性行為。許多性侵犯的案件都牽涉酒精。當你決定是否與某人發生性行為時，溝通是非常重要的——以言語表達和交流，確保雙方都同意這個決定！

The difference between

在酒精影響之下，
「好」與「不好」之間
的界線變得模糊

Y^NE^OS

Can be hard to read
when alcohol is involved.

If in doubt, don't do it!
若有任何疑問，切勿為之！

What about mixing alcohol and other drugs? 那麼混合酒精和其他藥物呢？

The effect of an illegal drug will always be unpredictable. Mixing drugs can lead to a higher chance of having a bad time. Let's explore why mixing with alcohol can be risky:

非法藥物帶來的影響往往無法預測的。將藥物混合或會增加發生負面事情後果的機會。讓我們探索為甚麼將酒精和藥物混合會帶來的風險：

Heroin 海洛英

This is one of the most dangerous combinations. Overdose & death are serious risks.
將海洛英和酒精混合，屬其中一種最危險的混合飲料。混合它們或會致使當事人濫用藥物，甚至死亡。

Depressants 鎮靜劑

Combining two drugs with similar slowing effects can exaggerate them. This means a higher risk of your body shutting down all together.
當兩種鎮靜劑混合在一起時，將進一步減慢你大腦的活動狀況，繼而增加休克的風險。

Cocaine 可卡因

Causes the liver to produce a highly poisonous substance called cocaethylene that increases risk of heart attack and fits.
讓肝臟大量生產一種高毒性物質——卡乙氈，這種物質將增加心臟病發作之風險。

Alcohol 酒精

A depressant, that blocks and slows both physical and psychological activity.
一種鎮靜劑，防礙及減慢生理及心理上的活動。

Cannabis 大麻

There's a higher chance of dizziness, nausea and vomiting and can make some feel more panicked, anxious or paranoid.
大麻會增加暈眩、噁心和嘔吐的可能性，導致感到驚慌失措、焦慮或出現幻覺。

Stimulants 興奮劑

Mixing a depressant and a stimulant can hide the effects of the stimulants. This means a higher risk of overdosing.
混合鎮靜劑和興奮劑，將隱藏興奮劑的效果，同時增加服用過量藥物的風險。
Or, the stimulant will take away the sleepiness and someone might stay up longer and drink more.
或許，興奮劑會消除困倦，讓人更有繼續飲酒的精力，繼而飲下超出預期的酒精。

Ecstasy 搖頭丸

Both dehydrate you. Heatstroke is a serious risk.
酒精和搖頭丸都會讓人出現脫水狀態，增加中暑的風險。

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NEED IDEAS ON HOW TO REFUSE A DRINK? 需要拒絕飲酒的方法嗎？

Feeling pressure from your friends to drink alcohol is a big reason why someone might drink alcohol. Or, drink more than they planned to.

因朋輩壓力而飲酒，是很多人決定飲酒或比想像中飲用更多酒精的主要原因。

Feeling pressured? Here's the trick! 感到壓力？有個小技巧可以幫到你！

N

—

No!

說不！

Say "No" firmly and clearly.
清楚並堅定地說「不」。

I

—

Speak using "I" instead of "You"

表達自己時使用「我...」而不是「你...」

This will make it harder for people to argue with you.
從你自身角度出發，減低別人質疑你的可能。

C

—

Change the topic or situation

轉換話題或轉移視線

Try talking about something else, or do a different activity.
嘗試談及其他話題，或參與其他活動。

E

—

Exit

離開

Remember you can always leave at any point.
記住你在任何時候都可以隨時離開。

Make excuses 製造藉口 Be honest 如實相告

NO, that stuff makes me sick, I would rather play football!
不，這讓我感到不舒服，我寧願去踢足球！

Nah, I know my mom would be so mad at me if she found out.
不了，我媽媽知道後會非常生氣。

NO, I can't, I've got something urgent to do.
不，我不能，我有其他急事需要處理。

Nah, I'm not into that so let's play some games instead!
不了，我不喜歡這個，不如玩其他遊戲！

NO, I'm supposed to meet someone in a few minutes.
不，我幾分鐘後要去見個朋友。

Nah, I'd be suspended from school. I've got more to do with my life!
不了，我會被停學，我還有很多事情想做呢！

Remember 緊記

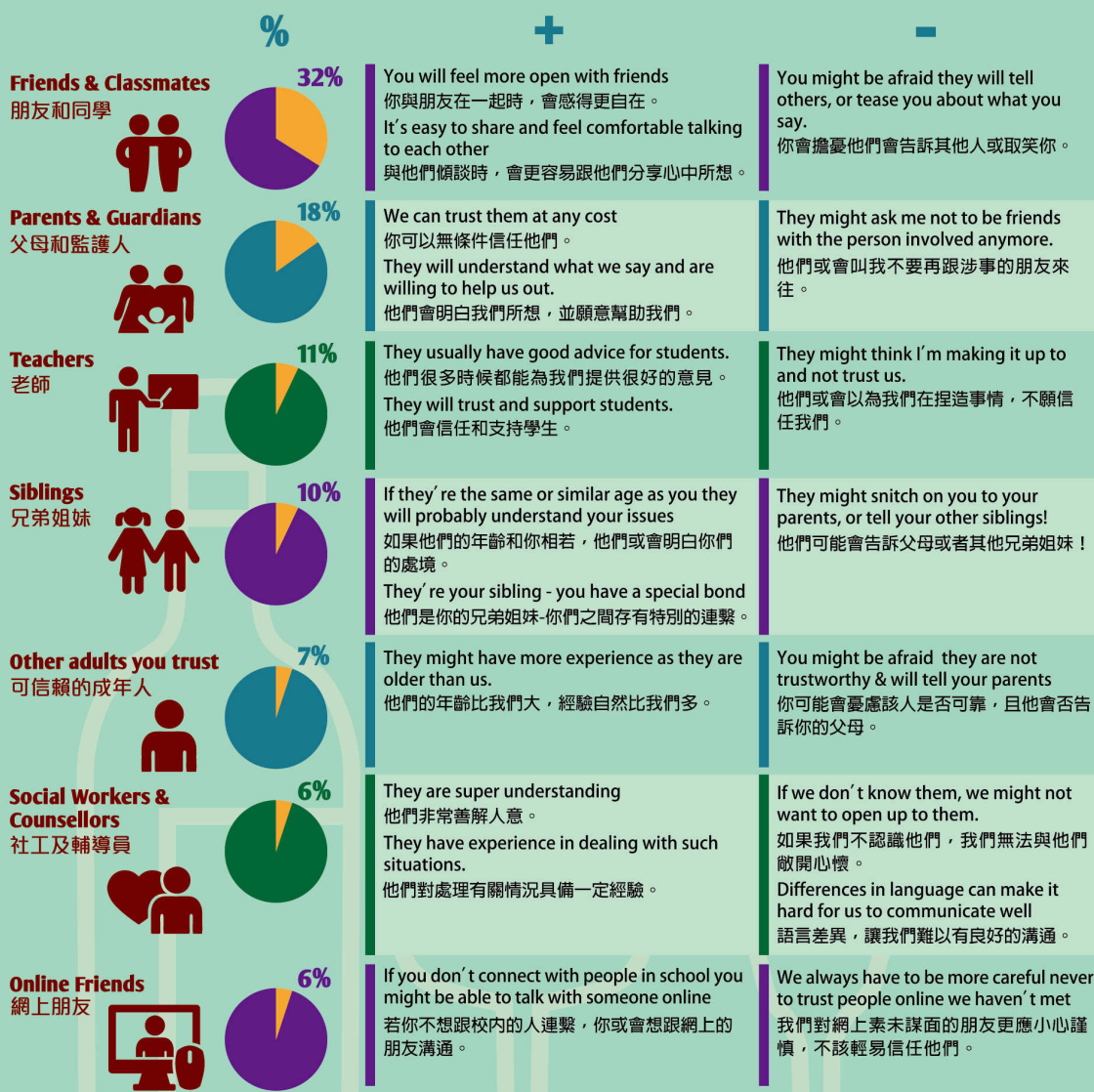
Look out for your friends too. Try to find ways to help them resist the pressure too!
記得留意你朋友的情況，尋找辦法幫助他們抵抗這種朋輩壓力！

WHERE COULD WE GO IF WE NEED SOME SUPPORT?

我們可到哪尋找協助？

We asked our classmates at Delia Memorial School (Glee Path) who they would go to for support. Here are some of their responses:

我們訪問了地利亞修女紀念學校(吉利徑)的學生，有關他們於需要協助時，願尋找何人幫助。以下為部分回應：



Remember 緊記

- We're all in this together! 6% said they wouldn't feel comfortable reaching out to anyone.
- Here are some places to go if you ever need it:
- 我們與你一起同行！有6%同學表示，他們不願向任何人傾訴。當你們有需要時，可往以下機構尋求協助：



Organisations 機構

Samaritans 撒瑪利亞會 2896 0000	St John's Counselling 聖約翰輔導服務 info@sjcshk.com 2896 0000	Resource Counselling Centre 人際輔導中心 25238979	HKSKH Lady Maclehoose Centre: Counselling Service for Ethnic Minorities 香港聖公會麥里浩夫人中心： 小數族裔輔導服務 24235062 96924016
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WHAT ARE SOME HEALTHIER OPTIONS ?

有甚麼健康之法應對壓力？

Alcohol is a depressant and can interfere with the chemical balance in our brain. So even though sometimes it might feel relaxing in the moment, alcohol can actually make it harder to deal with stress. It can even make feelings of depression and anxiety worse.

酒精屬鎮靜劑之一，它會干預我們大腦內化學物質的平衡。因此有時候，我們飲酒當下會感到很放鬆，但實際上，酒精讓我們更難應對壓力。它甚至會加劇我們抑鬱的症狀及焦慮問題。

We asked our classmates at Delia Memorial School (Glee Path) how they have dealt with stress in the past 2 weeks:

地利亞修女紀念學校(吉利徑)的學生告訴我們，他們在過去兩星期內，曾使用以下方法應對壓力：

